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What Matters Archives Available October 10th 2012: Caregiver's Stress

Are you a caregiver for someone with a chronic or terminal illness? Are you caught in the maze of healthcare and financial decisions for the cared of a loved one? Feeling overwhelmed by the vast array of information, systems and needs to be sorted through? Maybe those decisions aren't looming over you right now, could they be waiting for you in the future? The stress of caring for a loved one can be exhausting, overwhelming and frightening. Where do you turn for information? How do you care for yourself even while your time is spent caring for your loved one? How do you get the support

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Featured Guest



Becki Hawkins

Becki Hawkins is a natural storyteller and a great listener. She brought those gifts with her as she sat by the bedside of seriously ill or terminally ill patients for more than 30 years as an oncology and hospice nurse. It is her compassion and warmth that encouraged so many of her charges to share their heartfelt thoughts and experiences with her. Eventually she became a Hospice Chaplain. Early on her husband suggested she journal about what she was experiencing to counteract the stress. She began to write about what she was hearing, witnessing, feeling with her patients, their families, co-workers, and visitors. From there, she started penning a column in a local newspaper in 1986 entit

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